

York Tech Equivalency Sheet
Student Name:

Advisor:

Professional Education Sequence—Prior to Admission		
Sem Year	Course	✓
<i>C or better required in each course to progress</i>		
F1	EXSC 101 Introduction to Exercise Science (3)	
	BIOL 203/204 Principles of Biology and Lab (4) BIO 101	
F2	BIOL 213 Anatomy & Physiology I or BIOL 307 Human Anatomy (4)** BIO 210	
	CHEM 105 General Chemistry I (4) CHM 110	
S2	NUTR 221 Human Nutrition (3)	
	BIOL 214 Anatomy & Physiology II or BIOL 308 Human Physiology (4)** BIO 211	
	EXSC 208 Weight Control Through Diet & Exercise or EXSC 231 Fitness for Life (2)	

** If BIOL 213 is chosen then BIOL 214 must also be taken. If BIOL 307 is chosen then BIOL 308 must also be taken.

Content Preparation and General Education	
Suggested/Required timing	✓
General Education Core Taken in Order C - or better required to progress	
WRIT 101 Composition (3) ENG 101	
HMXP 102 The Human Experience: Who Am I? (3)	
CRTW 201 Critical Reading, Thinking, & Writing (3)	
Other Content and General Education Requirements C - or better required to progress	
ACAD 101 Principles of the Learning Academy (1) <i>F1 Required</i>	
CSCI 101 Computers & Apps w/ 3 labs (3) CPT 101, 170 (1)	
Quantitative Skills (3) MAT 103, 110, 130, 140 (1)	
PSYC 101 Intro to Psychology (3) PSY 201	
PESH 102 Weight Training (1)	
Humanities: Gen Ed (3) (see list on back*)	
History or History/Constitution Ged Ed (3) HIS 201, 202 (1)	
Social Science or Social Science/Constitution Ged Ed (3) (see list on back**)	
Global Gen Ed (3) (see list on back***)	
ORAL-INT Oral Communications Gen Ed (3) SPC 205	
Electives: At least 6 hours Any transferrable course	
Humanities Gen Ed (3) (see list on back*)	
PESH 201 First Aid & CPR (1)	
HLTH 300 Personal & Community Health (3)	

Professional Education Sequence—After Admission		
Sem Year	Course	✓
<i>C or better required in each course to progress</i>		
F3	EXSC 384/385 Exercise Physiology & Lab (4)	
	HLTH 406 Exercise & Health Promotion (3)	
	PESH 242 Motor Learning & Control (3)	
S3	EXSC 480 Exercise Testing and Prescription (3)	
	EXSC 382 Biomechanics (3)	
	PESH 381 Research Methods in Physical Activity & SPMA (3)	
	EXSC 511 Physical Activity for Special & Aging Populations (3)	
F4	EXSC 401 Psychology of Sport & Physical Activity (3)	
	EXSC 484/486 Exercise Physiology II and Lab (4)	
	EXSC 465 Strength & Conditioning (3)	
	EXSC 501 Administration of Sport & Phys Ed Programs (3)	
S4	EXSC 481 Application of Exercise Testing & Prescription (1)	
	EXSC 492 Certification Seminar in Exercise Science (1)	
	EXSC 494 Portfolio in Exercise Science (2)	
	EXSC 496 Internship in Exercise Science (9)	

Advising Topics	F1	S1	F2	S2	F3	S3	F4
Academic Success Center	*	*	*				
2.25 GPA by end of year 1	*	*					
2.50 GPA by end of year 2		*	*				
Check Winthrop email	*	*			*	*	*
Deadlines & Course Fee Overview		*		*		*	
Dispositions	*	*			*		*
Follow College & Student Academic Services on Twitter	*	*	*	*	*	*	*
Interim Grades	*	*	*	*	*	*	*
Meeting Testing Requirement before year 2	*	*	*				
Professionalism in Field Courses	*	*	*	*	*	*	*
Study Abroad options (short-term and semester-long)	*	*	*	*	*	*	*
DegreeWorks Planner for digital record	*	*	*	*	*	*	*
Use of S/U and Repeat Options	*	*	*	*			

*Recommended discussion points

Cultural Events Tracker			
<i>Teacher Candidates are encouraged to complete BEFORE Internship I</i>			
Year	Fall	Spring	Yearly Goal
1			8
2			5
3			5

Recommended Credits		
Year	Fall	Spring
1	17	16
2	15	16-17
3	14-16	15
4	15-18	12

Humanities and Arts*: ART 101; ENG 201, 202, 205, 206, 208, 209, 214; HIS 201; MUS 105; PHI 101; THE 101 (choose 1)

Social Science:** PSC 201, 215, 220; ECO 210, 211; SOC 101; 205 (choose 1)

Global Perspectives*:** ECD 108; ENG 208, 209; HIS 102; PSC 220 (choose 1)

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